

# february 2023 menu



gong bao chicken

## the real food promise

### real food with real ingredients:



- no artificial: colours, flavours or sweeteners
- no added nitrates or nitrites



- wild Skipjack tuna & Canadian salmon, sustainably-sourced



- whole grains throughout the menu

### from Ontario farms:



- pasture-raised beef without added hormones or routine antibiotics\*

\*some exceptions may apply to accommodate religious needs



- focus on fruits, vegetables & products grown & produced locally & sustainably



- dairy products & organic tofu



- globally inspired dishes



- we advocate for mandatory labelling of GMOs

peanut & tree nut free

	monday	tuesday	wednesday	thursday	friday
<b>am snack</b>	<b>6</b> granola inf: organic multigrain squares milk	<b>7</b> apple cranberry-orange morning round	<b>8</b> organic multigrain squares milk	<b>9</b> pineapple zucchini muffin	<b>10</b> <b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun apple butter banana
<b>lunch</b>	<b>caldereida fish</b> <b>sweet &amp; sour sauce</b> <b>w/organic tofu</b> brown & red rice sweet corn	<b>white bean curry</b> quinoa baby spinach, beet & carrot matchsticks creamy parsley-lemon dressing inf: cauliflower-carrot- coconut purée	<b>chicken meteorite wrap</b> <b>chickpea crusted</b> <b>chicken meteorites</b> <b>chickpea patty</b> whole wheat wrap inf: multigrain rocket bun romaine lettuce caesar dressing w/organic tofu inf: sweet potato-carrot purée	<b>beef &amp; barley stew</b> <b>lentil &amp;</b> <b>mushroom stew</b> onion bread green beans inf: steamed green beans	<b>mediterranean</b> <b>chicken</b> <b>navy beans</b> <b>w/spinach</b> basmati rice steamed carrots
<b>pm snack</b>	orange  pear inf: spinach-coconut purée organic crispbread crackers cream cheese	banana  <b>yogurt parfait</b> vanilla maple yogurt inf: plain yogurt granola inf: apple-mango-beet purée	kiwi  apple pita crackers inf/tod: puffed rice square tomato salsa	apple  baby carrots inf/tod: steamed carrots whole wheat pita red pepper hummus	pear inf: apple-mango-beet purée  cucumber cracked wheat crackers spinach-organic tofu dip
<b>am snack</b>	<b>13</b> organic crispy O's inf: organic multigrain squares milk	<b>14</b> applesauce muesli morning round	<b>15</b> hard boiled egg brioche bite	<b>16</b> organic multigrain squares milk	<b>17</b> banana organic quinoa crunchies
<b>lunch</b>	<b>mexican beef</b> <b>burrito filling</b> <b>bean burrito filling</b> whole wheat wrap inf: whole wheat pita green peas	<b>provençal fish filet</b> <b>red pepper quiche</b> potato mash steamed carrots	<b>burrito bowl</b> <b>black beans in salsa</b> quinoa sweet corn sour cream	<b>beef burger</b> <b>chickpea patty</b> multigrain pita bun real food ketchup samurai carrot salad inf: blended samurai carrot salad	<b>chicken fricassée</b> <b>texan kidney beans</b> whole wheat pita mini broccoli
<b>pm snack</b>	orange cinnamon-raisin snacking round	orange  <b>valentine's snack</b> mini cocoa cookies inf: zucchini muffin apple milk	apple  <b>banana roll up</b> whole wheat wrap inf: multigrain rocket bun cocoa chic'pea spread banana	orange  cucumber folded basil loaf dilly dip	apple  cheddar or mozzarella cheese cracked wheat crackers

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	monday	tuesday	wednesday	thursday	friday
am snack	20	21	22	23	24
lunch	Family Day	lentil bolognese whole grain pasta green peas & carrots	carrot & flax fish spinach quiche onion bread green beans inf: steamed green beans	gong bao chicken gong bao tofu basmati rice mini broccoli	filipino beef giniling chili chili bang bang brown & red rice brocco-kale mix apple cider vinaigrette inf: cauliflower-carrot-coconut purée
pm snack		orange	banana	kiwi	apple
am snack	27	28	1	2	3
lunch	organic multigrain squares milk	pear inf: spinach-coconut purée focaccia slice maple soft cheese	applesauce granola pucks	diced melon organic quinoa crunchies	granola inf: apple-cinnamon snacking round milk
pm snack	egg salad wrap whole wheat wrap inf: multigrain rocket bun hard boiled egg ranch dressing w/organic tofu	sunshine dahl brown rice green peas & carrots	beef bolognese lentil bolognese whole grain pasta steamed carrots	chicken fajita curried lentils whole wheat wrap inf: multigrain rocket bun coleslaw inf: blended coleslaw sour cream	mac'n cheese red cabbage & spinach salad maple samurai vinaigrette inf: spinach-coconut purée
pm snack	orange	banana	pineapple	pear inf: apple-banana purée	apple
pm snack	apple whole wheat pita cocoa chic'pea spread	apple whole wheat pita cocoa chic'pea spread	baby carrots inf/tod: cucumber puffed rice square hummus	greek salad inf: cauliflower-carrot-coconut purée whole wheat garlic baguette	banana brioche bite